

IN focus

The Official Publication
of the Jamaican
Canadian Association

August 1999

SERVING THE BLACK AND CARIBBEAN COMMUNITY FOR OVER 37 YEARS

JCA COMMUNITY CENTRE OPENS!!

by Denise Minnick

Dreams do come true. Our dream has now become a reality. After six months of renovations, the Jamaican Canadian Community Centre is now officially open.

The Community Centre is the first Black-owned public building in Canada. JCA's pioneering efforts to establish a cultural and community centre stand as a testament to vision, hard work and persistence. And hope for the future. We can now expect more Black-owned buildings to come.

It is a good and fine thing we have done.

The August 7th dinner/dance was a moment to celebrate our collective achievement. You could feel the excitement build as the time drew nearer to mark the official opening of the Centre.

A standing room only crowd attended the glamorous and swish gala event. More than 700 guests, representatives from all



Jamaican Cabinet Minister Colin Campbell, Toronto Mayor Mel Lastman, Maria Minna and Herman Stewart at official opening of centre.

three levels of government, former Ontario Lieutenant-Governor Lincoln Alexander and a host of other dignitaries were on hand to officially bless this, our new Community Centre.

Television cameras and media scribes were there to record this historic event for posterity's sake. Toronto Mayor Mel Lastman, along with Jamaican Cabinet

Minister Colin Campbell, new International Cooperation Minister Maria Minna and JCA President Herman Stewart cut the ribbon to declare the new facility officially open.

JCA's first President, Roy Williams, flew in from Jamaica for the event. Mr. Williams was joined by founding JCA members, Vi Carter, Amy Nelson, J.B. Campbell and Bromley Armstrong. All were beaming with pride.

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QUARTERLY MEMBERS MEETING

Sunday August 29, 1999

2 p.m. at the JCA Centre

FOR DETAILS CALL: (416) 746-5772

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Editorial

by Claudette Cameron-Stewart

It has been said, "YOU CAN DO ANYTHING YOU WANT TO DO, IF YOU WANT TO DO IT ENOUGH." The members of the Jamaican Canadian Association wanted to do it "Enough" and they did.

The Jamaican Canadian Centre is open for business – not that it was ever closed! However, The NEW Centre is open for business and business is booming. Congrats are due to all the big-hearted people who through literal blood, sweat and tears saw this dream come to fruition. In the case of the JCA, the dream of a few hearts is now located at 995 Arrow Road, in the former City of North York.

Thirty-seven year ago the founding members decided to form this association. During this same time, Jamaica gained it's independence from British rule. It bodes well to be able to celebrate the opening of this new center, on Jamaica's independence. The JCA is the first association of its kind to have its own centre anywhere in Canada. This is no small feat. This centre should serve as another home away from home for all Jamaican and Caribbean people.

This is not the first building to be owned by the JCA, however it is quite a significant achievement when one reflects on the many hurdles that had to be cleared before the building was officially opened on Saturday, August 7, 1999. The many council meetings regarding parking spaces, masked the various ingrained, erroneous perceptions that have plagued Jamaicans for years. It is significant that, as a people, Jamaicans once again stood together to defeat the detractors. Our

founding members would be proud.

Recognition must be given to the Mayor of the GTA, Mel Lastman for his unyielding support. Without him, August 7, 1999 would have taken much longer to happen. Honourable mention has to be made of our president Herman Stewart whose perseverance and commitment also contributed to the expeditious completion of the centre.

The centre is significant, in that, it will be used by children, adults and seniors. As so forcefully stated by President, Herman Stewart at the official opening, "too many of our young people, especially the males, are going to the wrong centres. We want this centre to be the alternative." The JCA will provide opportunities for young people to learn the necessary computer skills, which will prepare them for the corporate markets. The unemployed baby-boomers will be able to be trained in different skills, including computers, etc. to productively re-enter the workforce. The centre will be used as a Citizenship Court. It will continue to be used for Saturday morning classes for the youth and will be used by the Youth Committee to forge ahead with many projects for the young people. New immigrants to this country will use it to get settled. Women in abusive relationships will use it to find comfort and guidance and help.

The center is significant to all aspects of life for all people. Welcome.

THE NEW JCA CENTRE! WE DID IT!

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President's report

By Herman Stewart

It is with pride and joy that I extend greetings to you as we celebrate yet another milestone in the history of the Jamaican Canadian Community. Our dream of having our own Community Centre was realized through the commitment and dedication of hundreds of volunteers and supporters both inside and outside of the JCA. I salute you! For many it was a labour of love.

We are indeed pleased that as we come together to celebrate the 37th Anniversary of the Jamaican Canadian Association and the 37th Anniversary of Jamaica's independence, we can do so in a Centre that we all can proudly say is our own. It is our hope that this Centre will serve as a unifying force not only within the Jamaican community but for the wider African and Caribbean communities.

We have faced many obstacles over the years but our determination and resilience have always allowed us to persevere and overcome. While the struggles continue for Jamaica and for Jamaicans at home and abroad, we have a lot for which to be thankful. We should all be proud of our

heritage and our accomplishments as a people and as an independent nation. We should always be mindful of where we are coming from or we will have difficulty finding our rightful place in society.

With our new Centre, we will expand on the programs and services that we provide to the community by offering new programs including job retraining for older unemployed workers and computer skills training. We at the JCA will always remain committed to reaching out a helping hand to those who are less fortunate.

This Centre symbolizes our growth and maturity as a community. As we prepare to enter the new millennium, it is our hope that this new Centre will be a vehicle for positive change within our community especially for our youths.



Jamaican Consul-General
Herman Lamont, President
Herman Stewart, Jamaican
Cabinet Minister Portia
Simpson and former JCA
Board member Alton Telfer
look over JCA centre.

Centre Rental Fees

of people based on
tables of 10

Hall #1: \$ 1 500, seats 450
Hall #2: \$ 750, seats 200
Membership Lounge: \$ 100,
seats 120

The Jamaican
Canadian
Association.
37 Years
of Service and
Committment!!

WELCOME TO THE JCA TEAM!!!

Public Relations

My name is Claudette Cameron-Stewart and I am the newly appointed Public Relations Officer for the JCA. I am Jamaican and have lived in Canada for a number of years. I have always supported and admired the work of the JCA and will continue to do so through this position. I work with the Ontario Government and am a wife and mother.

The Public Relations position is a daunting task. Although I am very new to the JCA and to this position in particular, it is my intention to work hard for the continued success of the JCA. I expect to bring the JCA to the forefront of the main stream media as well as to continue the excellent relationships with the various ethnic media houses.

I am a strong advocate for the young people of Jamaican heritage and desire above all things to see them walk in the right path. I hope to work with them through various sporting activities and take this opportunity to invite all the young people interested in sport (particularly Netball and Volleyball) to contact me through the JCA to arrange to get teams started.

It is my belief that if we focus our energies on serving God and people, we have half the battle won. This is a wonderful time to be involved in the business of helping people and the JCA is indeed a great place to be. I request your support and look forward to serving the JCA.

P.S. Netball is a sport very much like basketball, but requires more skill and speed.

Community Outreach

Hello, my name is Rodolfo Sanchez. Since April of this year, I have been the Caribbean Youth Project Counselor and have recently my duties have been extended to include the Community Outreach Worker, for the African-Caribbean Youth Initiative Project.

I am also the Community Outreach Worker, for the African-Caribbean Youth Initiative Project.

For the past 8 years, I have been working with youth in various communities while I attained my Bachelor of Arts degree in International Development at the University of Toronto. In 1991, I began my work with at-risk youth as a youth counselor with the Hamilton-Wentworth Housing Authority. The following year I was a member of a team that conducted the "Youth on Racism" study for the Settlement and Integration Services Organization in Hamilton. One of the most personally inspiring projects I have been involved with was as the coach of a baseball team at a Young Offender's facility. During my undergraduate studies, I conducted a one-year research project on the sub-culture of high school dropouts. I have enjoyed my work with at-risk youth and have found it to be both challenging and fulfilling.

I look forward to a progressive time at the JCA with vigor and enthusiasm. The JCA is forging the future for the Caribbean community

and its youth. A future full of promise will depend on the successful passing of responsibility for our community from the elders to the youth. We will provide our youth with the tools to become leaders and the opportunities for those skills to flourish and mature. The programs offered at the JCA will ease this task.

The Caribbean Youth Project offers newly arrived Caribbean youth, aged 15-25, with essential settlement services. The African-Caribbean Youth Initiative will provide the Caribbean youth with a platform to voice their personal concerns/challenges faced during their integration within Canadian society. The Jamaican Canadian Association has chosen to provide these programs so that Caribbean youth might benefit. I hope to use my knowledge and experience to facilitate this objective. I look forward to meeting all of you in the near future.

SENIORS CLUB

995 Arrow Road
Tues. & Thurs.
11 a.m. - 4 p.m.

Our activities Include:
arts and crafts, choral group, discussions, seminars and field trips. Come and meet people who will treat you like family and a friend!!

For more information call
(416) 746-5772

Newcomer Settlement Counsellor

My full name is Joe Adjei- Boateng, and I have recently started working as the Newcomer Settlement Counsellor. I am an African-Canadian originally from Ghana. However, I migrated to Canada in 1998 landing first in Montreal, Quebec and later moved to Toronto, Ontario. As may be expected, I started and completed most of my education in Ghana. Professionally, I was trained as a teacher. This began after successful completion of a four-year teacher training course with an award of Teachers Certificate "A". Thereafter, I taught for a few years in Junior High schools and later entered the University of Ghana and completed a B/A in English.

Furthermore, to enable me to become a member of the Ghana Education Service, I pursued a three-year Diploma course in Educational Psychology at a University College to earn a Diploma in English Education. Consequently, I taught for several years in Secondary and High schools in Ghana and Nigeria.

Actually, my interest in community work began when I moved to Toronto in 1993 and started volunteering at the Multi-Cultural Assistance Services of Peel Region. Having entered the country as a refugee, I

was particularly concerned about the plight of many newly arrived immigrants since I had experienced their conditions myself. I served on the Committee that dealt solely with assisting new immigrants to adapt into the Canadian society in general and the Greater Toronto Area in particular. I wanted to have some in-depth knowledge about community work therefore, I entered Humber College of Arts and Technology to do a two-year course in Social and Community Services.

At present, I am a member of both the Ghanain-Canadian and Parkdale Intercultural Associations. In conclusion, it is with pride that I join the Jamaica-Canadian Association and I am hoping to contribute in no small way to enhance the principles of the organisation. This is because I come with the aim to assist, to learn and to share my knowledge since all human endeavours become beautiful when different talents and resources are pooled together for the common good.

Capital Fundraising Committee

Submitted by Erma Collins
Chair, Fundraising Committee

Last newsletter, I indicated that I had just accepted the challenge of chairing the Capital Fundraising Committee. Since then, the following donations have been received: Western Union, \$15,000 over three years; UAIA (Marcus Garvey Association), \$15,000; Jamaica National Building Society, \$5000; Victoria Mutual Building Society, \$200; Don's Meat, \$1, 000:

Advent Contractors, \$1000; and Brantville Contractors, \$1000. That adds up to \$38,200.

Mrs. Beverly Mascoll, one of the two honorary co-chairs, has met with us and is working on a plan of action to reach her business colleagues. Hon. Lincoln Alexander, the other honorary co-chair, has indicated his willingness to sign letters.

GOOD BYE BILLROY!!

In every organization there is a person who epitomizes everything that group should be about. At the JCA that person was Billroy Powell.

Billroy showed a lot of dedication to the JCA. Over the years of different Executive Directors, Presidents and Board members Billroy provided stability to this evolving organization. He was the person a lot of people relied upon and looked towards for insight. During both good and bad times, Billroy would always focus on the good of the JCA. His departure has left a high standard for employees and dedication for JCA members to measure up to.

The JCA board, members, and staff, past and present congratulate you Billroy on your new position. Good luck!!

TOGETHER
WE CAN
DO IT.

Your help is still needed in turning the euphoria of opening week into donations; we are looking for introductions to individuals that you may know in corporations or individuals you invited to the centre—the personal touch. If you can help, do call me at (416) 496-2818.

Women's Space

WHY ARE WOMEN SO TIRED?

Part 11

Why Are Women So Tired? By June Rogers

Taken from Special Report in Family Health Magazine

Volume 1, number 1- Autumn, 1998

Submitted by Eunice Graham

It's true that most women's fatigue is due to being overstretched. But in some cases, exhaustion may be aided and abetted by a bona fide medical condition. A number of chronic medical illnesses such as cancer may also cause fatigue as their first warning sign. If you suspect that there might be a physical basis to your fatigue, ask your doctor to conduct a full physical examination. Here are some of the things she might look for:

Depression: Women are diagnosed with depression twice as often as men. The reasons are unclear but the symptoms are distinct. If you've been consistently feeling "blue" or hopeless for more than a couple of weeks, are feeling fatigued, are sleeping more than you used to or are waking up early in the morning, are having trouble making decisions, have lost interest in the things you enjoy, then you may be experiencing depression. Counselling and anti-depressants may be prescribed.

Anemia: Low levels of iron in the bloodstream are sure to zap anyone's energy. Women of childbearing age are

prone to anemia as a result of their menstrual cycles or pregnancy. Are you getting enough iron in your diet? Red meat and liver are good sources. So are beans, whole grains and cereals, and dried fruit such as prunes and apricots. If the anemia is severe, iron tablets may be prescribed.

"They're just sore all over," she says. "Whenever, I touch their backs, for example, they hit the roof."

Menopause: If your periods have been irregular and you've been waking up in the night with drenching night sweats, or you get hot flashes during the day and feel tired, your doctor may prescribe hormone replacement therapy.

Thyroid Disease: Located below the Adam's apple, the thyroid gland produces a hormone that regulates your body temperature and metabolism. When there is an underproduction of thyroid hormone, you may feel tired. Other symptoms include: slow or weak pulse, weight gain, constipation, sensitivity to cold, heavy menstrual

periods, muscle aches, puffy eyes, hair loss, hoarse voice and sluggish reflexes. A deficiency may require taking Thyroid hormone replacement therapy.

Heart Disease: Heart attack and stroke are the leading causes of death in Canadian women, especially after age 50. Women may complain of persistent fatigue, often with chest pains that are different than the kind experienced by men when they develop heart disease. If you have a family history of heart problems, are a smoker, overweight and don't exercise regularly, you may be courting a higher than average risk of heart attack and stroke.

Chronic Fatigue Syndrome and Fibromyalgia: These two conditions are being diagnosed more frequently by medical doctors around the world says Dr. Linda Rapson, a physician with over 20 years experience using acupuncture for a variety of conditions. Symptoms of CFS include an utterly relentless case of fatigue in which people can't get out of bed or may crash when they come home from work. People suffering from fibromyalgia complain of pain all over their bodies, but especially in the back, neck and shoulders. "They're just sore all over," she says. "Whenever, I touch their backs, for example, they hit the roof." Dr. Rapson recommends both acupuncture and Chinese herbal remedies to restore physical energy. Tricyclic anti-depressants can also bring relief.

HRDC JOB ASSISTANCE SERVICE FOR EXPERIENCED WORKERS 45+

Coordination and out reach for the HRDC job assistance program for experienced workers 45+ began on August 9, 1999 at the Jamaican Canadian Centre, 995 Arrow Road, North York, Ontario M9M 2Z5.

The program is specifically designed to assist participants 45+ to find employment. Participants will learn a variety of skills to assist them in regaining employment in workshops and one-on-one job placement assistance. Workshops will focus on occupational goals – exploring strengths, skills and qualifications; assessing emotional/cultural context of job/career readiness, expectation and barriers to employment.

Participants will learn how to format resume and transmit them electronically. They will learn to take advantage of on-line job banks and Internet sites. Participants needing specific training and skills will be referred to the appropriate training programs.

This program is sponsored by HRDC and is open to everyone in the community, regardless of ethnicity or background.

For information about the program, please call 416-746-5772.



*Past JCA
President Karl Fuller
addresses audience
at Gala Opening.*

REGGAE BOYZ COACH TO VISIT

Professor Rene Simoes, head coach of the Jamaican National Soccer Team will visit the Ontario Soccer Centre in Vaughan on September 4, 1999 between 10:00am-2:00pm. He will conduct technical soccer sessions as well as answer questions. For more information contact: Jim Cannovan @ (905) 264-9390 ext. 225 email: jcannovan@soccer.on.ca



UPCOMING EVENTS

Quarterly Members' Meeting	Sunday, August 29: 2:00 p.m.
Annual Seniors' Dinner	Sunday, September 19: 2-5:00 p.m.
Membership Drive Months	September & October
Workshop-"Money Talk"	Saturday, Oct. 16: 9:00 a.m.-2:00 p.m.
Quarterly Members' Meeting	Sunday, November 28: 2:00 p.m.
Christmas Grand Market	December (TBA)
Children's Christmas Party	Sunday, December 5: 2-5 p.m.
New Years Eve Dinner/Dance	Friday, December

All events to be held at the JCA Centre

Membership Committee Report

By Francella Moore, Membership Services Chair

This year the JCA annual picnic took place on July 4, 1999, and was a tremendous success. Great fun was had by all on this bright sunny day. We had three full buses and car loads of anxious participants. The profit made this year was \$600.00. Trophies were handed out for 1st and 2nd prize. A Prize was given to each person who participated. The girls won the TUG-OF-WAR for the youth and the men won the adults. The seniors put everyone to shame during the dance contest. Go seniors go!

Many thanks to the following individuals and businesses who contributed in making the picnic a success:

Speedfreight Forwarding Co.
Mirabel Travel Inc.
Collins Richards
Canadian Tire
Patricia Williams
Southport Data Systems
Mascoll Beauty Supply
Maple Leaf Garden
Knob Hill Farms Ltd.

Fiesta Farm
Don's Wholesale Meat
Jamaica Tourist Board

The Flag Raising ceremony was on Sunday, August 1, 1999 at City Hall at 2:00 p.m. followed by the Church service at 4:00 p.m. There was a large turn-out. We thank those who attended.

The JCA membership drive will be in the months of September and October. We require your help to recruit new members. Remember to inform us if you know of a member who is sick, passed away or need a visit from the visitation group.

If you have not received any mailings or calls from us informing you of our events, do not hesitate to call the office and leave your complete address and telephone number so that we may update our records.

The Jamaican
Canadian
Association.
37 Years
of Service and
Committment!!

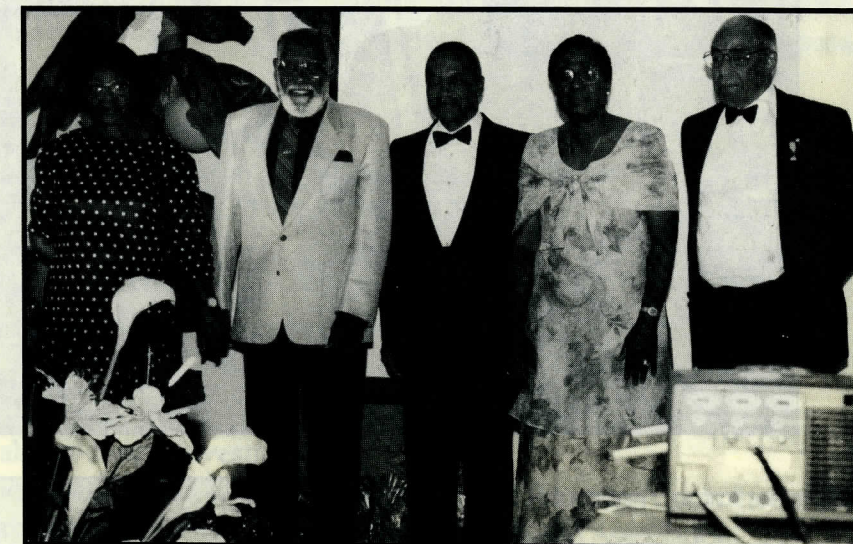
JCA is now offering
advertising at low rates.

In Focus has a wide
circulation inside and
outside the Caribbean
community. For more
information please call
(416) 746-5772.



Children of JCA
members and staff
having a good time at
JCA annual summer
picnic.

Memories of JCA Opening!!



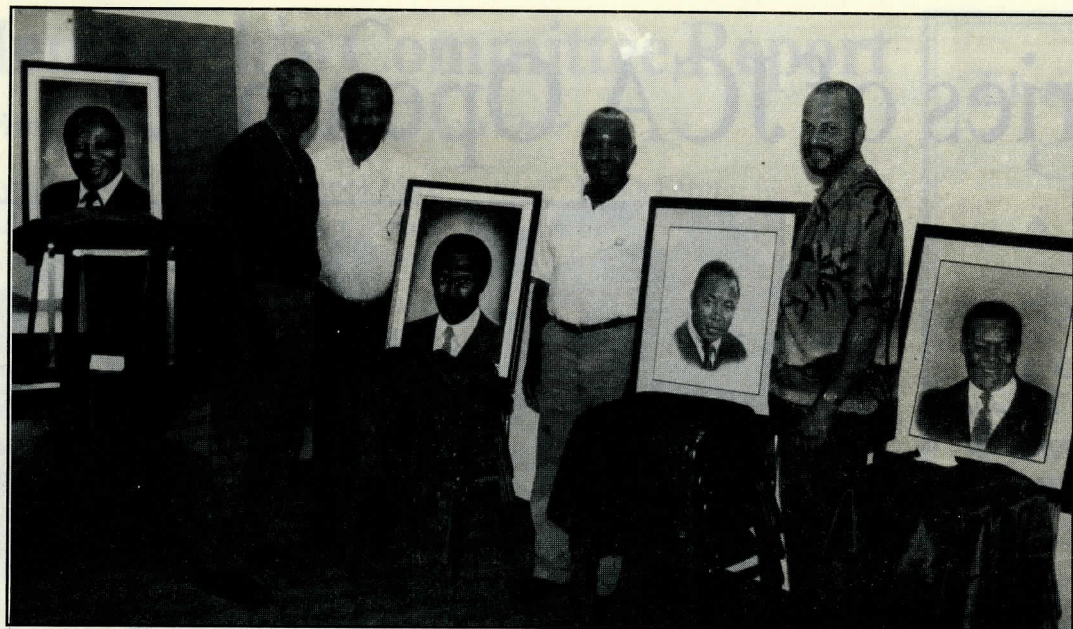
Founding members (from left
to right): Amy Neilson, J.B.
Campbell, Roy Williams, Bie
Carter and Bromley
Armstrong.



JCA Centre holds it's first
Jamaica Independence Church
service held on Sunday August 1,
1999.

Many from the community
come out to celebrate JCA
Grand Opening Gala.

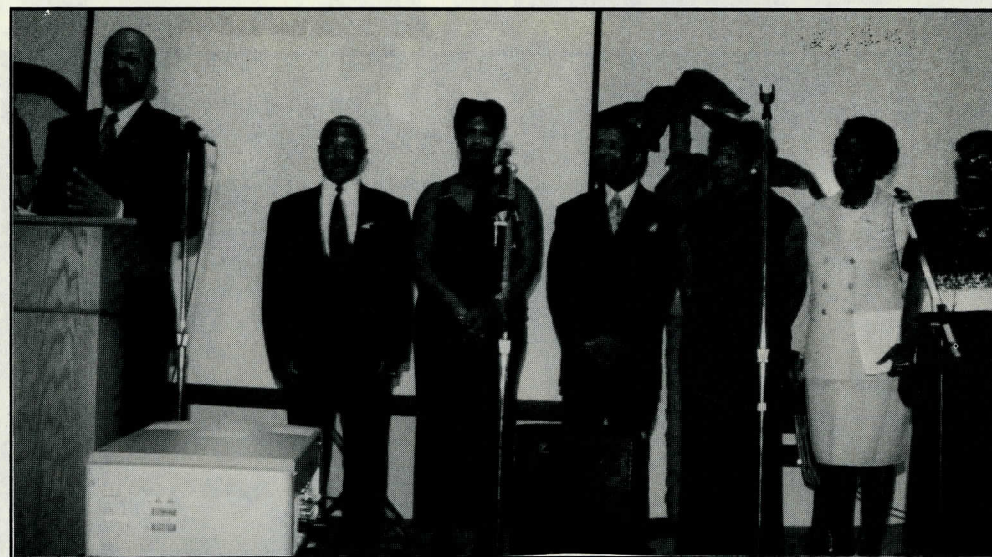




*Unveiling of
portraits of
past
JCA Presidents.*



*Senior's melodious
singing
inspires audience.*



*Mr. Stewart, Mr. Conville,
Francellia Moore, Uriel
Soares, Haari Abou
Karrat, Valarie Stewart
and Maxine Adams stand
on stage at Gala opening.*

Jamaica National Building Society

You are invited to attend the Jamaica National Building Society's promotional meeting on Tuesday, October 5, at 7:00 P.M., at the JCA Centre.

Jamaica National gave \$5000 towards the Building Fund. The Capital Fundraising Committee and the Board urge you, the members, to show your appreciation for this generous gift by turning out in great numbers for this event. Do mark your calendar now. See you there.

Erma Collins, Chair
Capital Fundraising Comm.

BACK HOME ...

From Jamaican Gleaner, August 11, website
NEXT WEEK, 14 young spellers from across Jamaica will be competing to become this year's champion speller in the 1999 Children's Own newspaper Spelling Bee Competition. The champion speller will go on to Washington D.C. to represent Jamaica in the prestigious Scripps Howard championships in the United States.

TREASURE HUNT DEAL SIGNED

THE Government has signed an agreement with the Atlanta-based company, Admiralty Corporation, granting it a three-year licence for underwater exploration for shipwreck treasures in Jamaican waters off the Pedro Banks.

Any treasure found will be divided 50/50 between the Government and Admiralty Corporation. All artifacts will be property of the Government.

Money Talk Workshop

Are you paying too much tax ?
Do you have a will?

talk about wills, and Lawyer Terrie-Lynne Devonish, who will talk about estate planning.

Are you satisfied with the interest that you are getting on your investment dollars?

Saturday, October 16th 1999
9:30 A.M to 2:30 P.M.

Jamaican Canadian Centre

For insights into these matters come and learn from the experts:

995 Arrow Road, West of 400, South of Finch (416) 746-5772

"Keep Your Money And Watch It Grow" with Steven Conville and Lana Salmon-Jones, Investment Counselors with Canada Trust and Berkshire Group respectively:

Registration Fee \$5.00
Refreshments will be served

Sponsored by: Education Committee of the Jamaican Canadian Association
The John Brooks Foundation and Scholarship Fund (416) 653-2627

"Keeping The Tax Man At Bay" with Lawyer Alan Brown, who will

Centre Opens continued

Dinner was an elegant mix of Caribbean, Italian and Californian cuisine. Enjoyed by one and all. Young singing prodigy, Yannick Allwood, the Heritage Singers and poet/singers, Trevor Lawrence and Dionne Young filled the banquet hall with their voices. The Caribbean Folk Performers wove their island magic.

was recognized with a Special Award. Johnson, a retired nurse, has faithfully served the community with her work on Boards, the Canadian Children's Literacy Association and the YWCA. In 1982, Johnson co-founded the Sickle Cell Association of Ontario. The Association provides services to sickle-cell victims and their families and engages in public awareness campaigns.

Three individuals were recognized for their generous contributions to the community. Uriel Soares, a retired engineer and Chair of JCA's Building Committee, received the President's Award for his principal role in ensuring the renovation project was completed on time and within budget.

Denham Jolly was honoured with the Community Service Award. A prominent businessman and executive, Jolly has been a strong supporter of community causes and events and generous with his donations.

We danced until dawn. What a night! What a triumph!

Lillie Johnson's work as a nurse

Travel

*Excerpted from August 11, 1999
Discover Jamaica : a gleaner
online website*

Portland

The most exquisite port on earth" was the way American poetess Ella Wheeler Wilcox described Port Antonio. The town's twin harbours, jewel blue sea and verdant hillsides still ensnare the visitor. The story of this old port is the story of men who came, saw, and were conquered by its beauty. All of them, from Captain Lorenzo Dow Baker to movie star Errol Flynn and billionaire Garfield Weston sought to develop the town. All of them failed. Port Antonio, like Montego Bay, claims to be the cradle of the tourist trade, but unlike other resorts in the island, its tourism potential remains undeveloped and undamaged. And therein lies Port Antonio's charm, and the lure of the parish of Portland.

Mandeville

Perched on the Manchester plateau 2000 feet above sea-level, Mandeville is a cool, clean, rural Jamaican town. Thanks to energetic promotion by the Central and Southcoast Tourism Organization, the town is a magnet for discerning visitors and an excellent base for exploring the central hills and the south coast. Once a haven for English gentle folk who deemed it the closest thing to home, it was a prim and rather static place until the advent of the bauxite industry in the 1950s. Overnight Mandeville became a roistering boom town, began to grow and flourish and has continued to do so ever since. As a market centre for farmers, a dormitory town for two large alumina companies and the first choice of returning retired Jamaicans, the town enjoys a relatively stable economic base and offers the pleasures of rural life with the convenience of a mini-city.

Cook's Corner

Roasted Breadfruit

Excerpted from The Festive Food of Jamaica, Tessa Hayward

The breadfruit, which originated in Polynesia, was brought to Jamaica by Captain Bligh of *Mutiny on the Bounty* fame from Tahiti on H.M.S. Providence on 5th February 1793, with 347 breadfruit trees. These trees, which were imported with the intention of supplying food for the slaves, have the texture of potatoes. To obtain a delicious smoky flavour roast the breadfruit over glowing charcoal; otherwise put it under a hot grill.

1. Place each breadfruit on the barbecue or under the grill. As the fruit begins to blacken turn regularly until charred all over.
2. Cook for about an hour, or until steam starts to escape from the stem end.
3. Remove from the heat, cut a circle at the stem end and scoop out and discard seeds.
4. Cut off the charred outer skin, slice the fruit and eat while hot.

The Grand Opening Door Prize Winners

2 free tickets to Caribbean
Painting
Bath Set
Wine
Champagne Glass
Wine

Mrs. D. Clarke
Stauborn Grant
Doreth Reynolds
Herb Phillips Jr.
L. Randle
Tony Wong

Donated by: Haari Abou Korrat
Donated by: Lo'Angela Designs
Donated by: Ned Blair
Donated by: Ned Blair
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